

# DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

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## FOR IMMEDIATE RELEASE

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## MAY IS ASTHMA AWARENESS MONTH

**San Bernardino.** Approximately 59,000 children 0-11 years of age, and 198,000 adults 18 years and older have asthma in San Bernardino County. Asthma is one of the most common serious childhood diseases. In addition, asthma is a leading cause of hospital emergency department visits and school absenteeism. As part of Asthma Awareness Month, the Coordinated Asthma Referral and Education (CARE) program is outreaching to County residents, the medical community and schools.

Asthma poses a serious public health burden to County residents, particularly for children and their families,” said Maxwell Ohikhuare, M.D., Health Officer with the San Bernardino County Department of Public Health. “Asthma can’t be cured, although treatment options and tools exist to manage the diseases and its symptoms.”

Asthma affects people of all ages and ethnicities, but it occurs at disproportionately higher rates among African Americans. Asthma triggers vary depending upon the person and environment, but some known triggers include cigarette and other smoke, mold, pollen, dust, animal dander, exercise, cold air, household and industrial products, air pollutants, and infections.

The CARE program provides free home visits to families with children 18 years and younger, who have a diagnosis of asthma in San Bernardino County. During the home visits, the families receive home assessments and asthma education. In addition, they receive materials and community referrals to help manage their child’s asthma triggers.

For more information about asthma, ask your doctor or call the San Bernardino County Department of Public Health, CARE program at 1-800-782-4264. You can also visit the Department of Public Health website at <http://www.sbcounty.gov/dph>.

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Gregory C. Devereaux  
Chief Executive Officer

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